

## MEMO

SG1J

To: G. Fox  
From:   
Subject: Remote Viewing Protocols

---

Date: 9 Mar 1984

With regard to protocols for eliciting the remote viewing (RV) function, there are two prevailing approaches in the field, the "altered-states" approach and the "naturalistic" approach. The altered-states approach holds that the RV function is best elicited by procedures that approximate a type of altered state in which psi is sometimes evidenced spontaneously. These states include sleep, meditation or other sensory-deprivation states in which attention is withdrawn from the environment with a corollary focusing of attention inward. The naturalistic approach, on the other hand, posits that the RV function, as with any other task in which attention must be focused (such as in solving a mathematics problem), is best accomplished in a state of natural alertness and attention to the task at hand. Programs that utilize the altered-states approach include the Monroe Institute of Applied Sciences (Faber, VA) and the Psychophysical Research Laboratories (Princeton, NJ); programs that utilize the naturalistic approach include SRI International (Menlo Park, CA) and the Princeton University laboratory under Dean R. Jahn (Princeton, NJ.)

With regard to specifics, the Monroe Institute approach utilizes audio tapes to induce a profound state of relaxation and focus in the viewer, who typically is relaxed supine on a waterbed. These tapes include low-level (subliminal) relaxation instructions and certain "binaural-beat" audio signals thought to be conducive to a centered, focused state of relaxation. The Psychophysical Research Laboratories utilizes the so-called "Canzfeld" approach, in which the viewer, seated in a reclining chair, is presented with homogeneous visual and auditory inputs by means of illumination on ping-pong-ball halves taped over the eyes, and "pink" (high-frequency suppressed) noise via earphones to the ears. In the naturalistic approach employed by SRI and Princeton, on the other hand, the viewer simply sits alert, often at a table, making sketches and verbalizing into a tape recorder in response to questions or guidance from a monitor/interviewer with whom he is in dialog in a conversational manner. As an example of the differences, a point-by-point comparison of the Monroe Institute of Applied Sciences (MIAS) technique and the SRI technique is given below.

### MIAS Procedures

1. Percipient is (typically) supine on a waterbed, in a highly relaxed state.
2. Audio relaxation tapes are used to place the percipient in an increasingly deep state of relaxation. (The tapes can be dispensed with, once the percipient is familiar with the associated relaxation states.)
3. The percipient gathers data in a deep state of relaxation, describing his input occasionally, and taking instructions from the monitor at intervals, sketching and drawing is carried out at session end.
4. The percipient ends off, "coming up," as it were, with a reversal of the relaxation procedures used to begin the session.

### SRI Procedures

1. Percipient is (typically) seated at a table, ready to sketch, in a relaxed, but highly alert, state.
2. No special techniques are used to ready the percipient; the session begins in a conversational mode, with the monitor posing the task of the day.
3. The percipient gathers data somewhat relaxed state, interacting with the monitor in a conversational mode, and rendering sketches and drawings as he goes.
4. When the task is complete, the percipient simply ends off, in the same state of relaxed alertness maintained throughout the session.